



## **Guidance for prospective trainees as to OEM work suited to that required by the training program**

One of the requirements for entry into the AFOEM training programme is that a trainee needs to be working in an occupational and environmental medicine (OEM) position [for at least 10 hours a week](#).

The intent of this requirement is to ensure that trainees gain exposure across a wide aspect of clinical, preventive and population-based aspects of occupational medicine e.g chronic musculoskeletal problems, acute work place injury, and noise induced hearing loss, mental health, respiratory conditions, pesticide exposure, heavy metal exposure, reproductive health.

Guidance as to what this comprises is offered below. This is by no means a comprehensive list, and is no absolute guarantee of success in the training programme. Instead it should be used to guide your planning when applying for a training position, in conjunction with the [AFOEM Training Curriculum](#) and [Competencies](#), and in discussion with the [Director of Training](#) for your prospective region.

### Training

- Access to supervised OEM clinical practice
- Access to OEM training meetings
- OEM peer support

### Case load

- Access to “patients” from a wide range of workplaces e.g. manufacturing industry, mining, small industry, office workers, outside workers etc.
- Access to varied consults e.g. clinical management, workplace assessments, health surveillance and supervision of vocational rehabilitation; independent medical opinions on issues such as the worker’s fitness to perform certain work duties; the work-relatedness of a worker’s condition; worker impairment assessments, advice to companies and organisations on issues such as illness or injury prevention strategies, or the management of sickness absence; utilisation of critical appraisal and research skills; environmental aspects. (See [AFOEM Training Curriculum](#) and [Competencies](#)).

It is unlikely that a single OEM position will provide access to suitable work across all the competencies. Where there are particular competencies that a trainee is having difficulty in obtaining suitable experience, it is suggested that the trainee could arrange a worksite visit involving an OEM physician working in that field. In addition a trainee may choose work in a variety of OEM roles during their training period, in a way that is planned, with clear goals and with no loss of continuity for an employer.